

نرحب بالضيوف الكرام

شعبة التعليم الطبي المستمر – أيار 2022

CME On-line Lecture





# On-line Appearance & Ergonomics

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# LECTURE OBJECTIVES



to clarify on-line Ergonomics

to explain its importance

to show how to apply it

To highlight appearance on-line





# Ergonomics?



- Adaptation of work to Man
- Adaptation of Man to work





# Computer health risks



- **Musculoskeletal**: tech neck, overuse injury
- **Visual**: CVS
- **Psychological**: behavior, addiction, violence
- **Cognitive**: memory, distraction
- **Neurological**: seizures
- **lifestyle**: obesity, sedentary





# Tech Neck



**Tilted head position →**

- poor posture
- Chronic pain
- Upper back spasm
- Early arthritis
- Pinched cervical nerve





# Overuse injury



**Elbow, wrist, hand →**

- Pain
- Swelling
- Stiffness
- Weakness
- Numbness





# Digital Eye Strain CVS



Computer vision syndrome →

- Eye strain
- Dry eye
- Blurred vision
- Headache





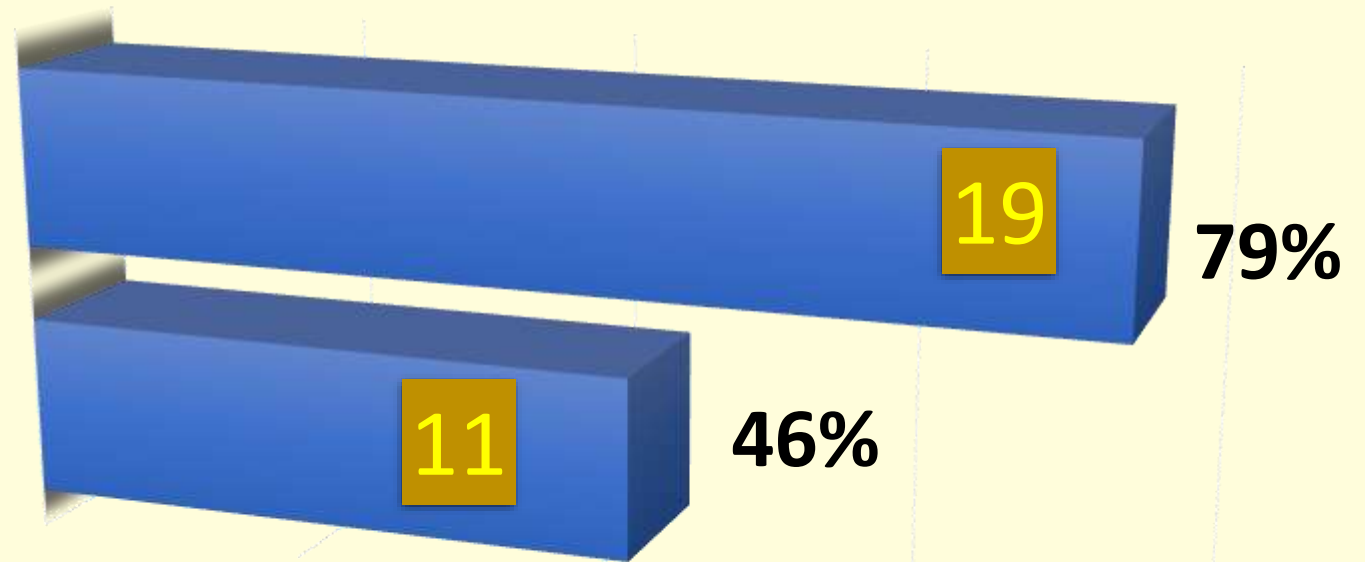


# Screen time 2hr/d



## Screen time US average hours

2020  
2019



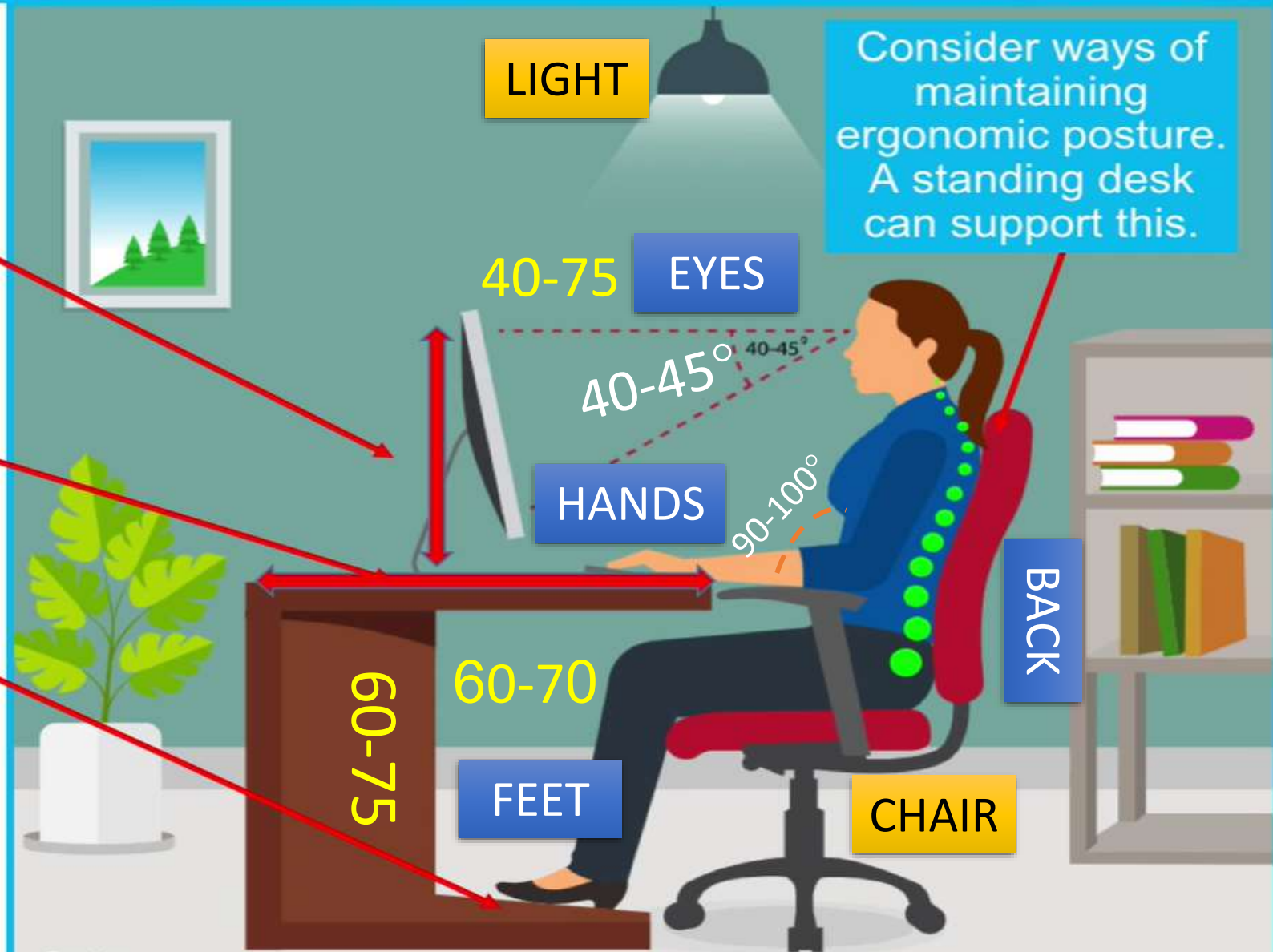


# Ergonomics: Modifying a working space

Raise the monitor using a stand or a pile of books.

A clear flat surface is needed to work from.

Consider using a foot rest to raise the feet.





# Mention 7 mistakes?





# Which is correct ?





# Agree or disagree ?





# Stay active!

Every 20 minutes →

20 sec break →

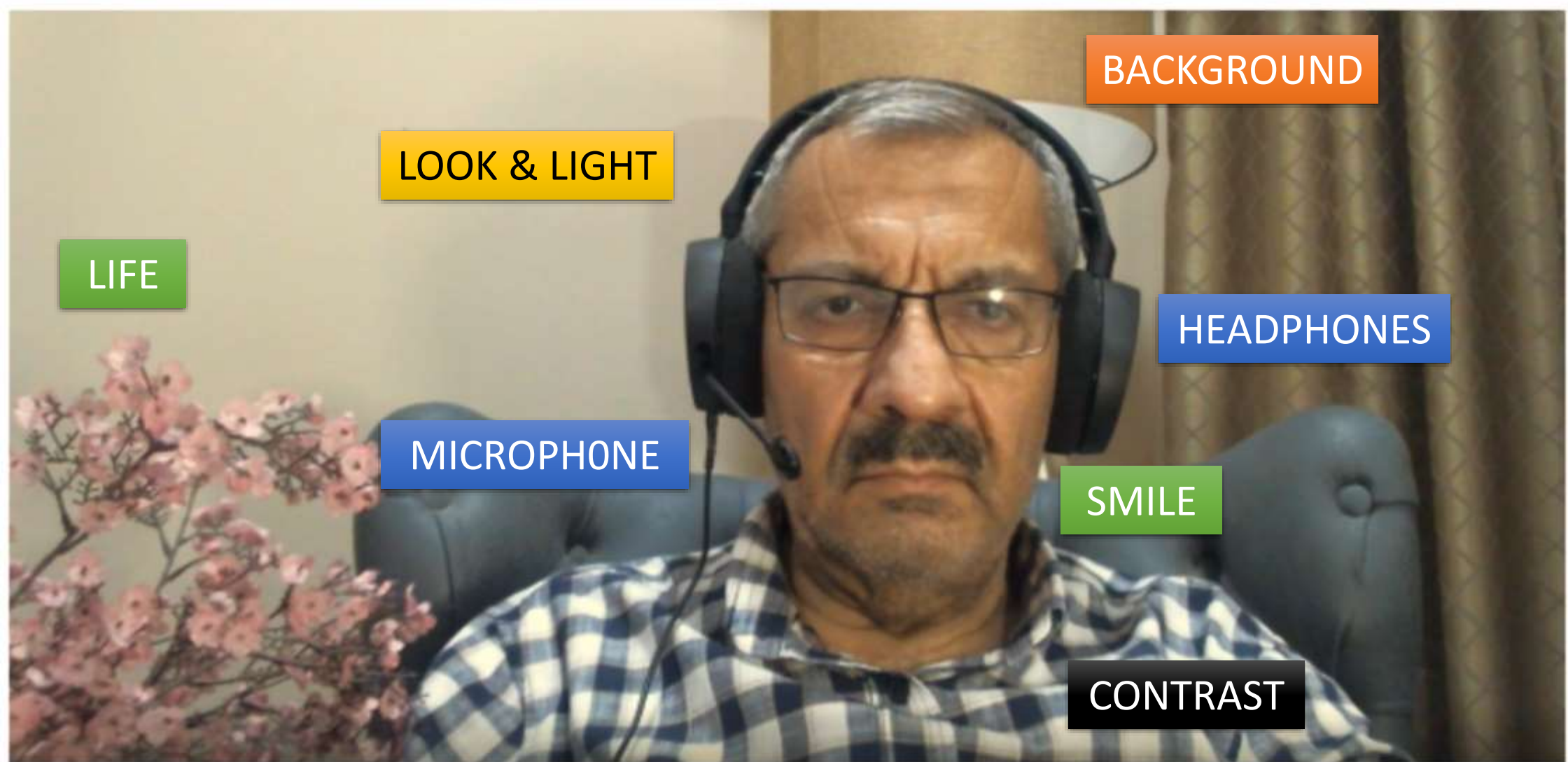


- Neck & hands stretch
- Standup take a walk
- Look at 20 feet





# Appearance On-line





# Backlight or Frontlight





# Virtual background

- Settings
- General
  - Video
  - Audio
  - Share Screen
  - Chat
  - Zoom Apps
  - Background & Filters**
  - Recording
  - Profile
  - Statistics
  - Keyboard Shortcuts



Virtual Backgrounds Video Filters





## TO SUM-UP

- Sit correctly
- Position devices properly
- Schedule & limit screentime
- Stay active







Thanks for attendance  
I hope the lecture  
was of benefit  
to you

